

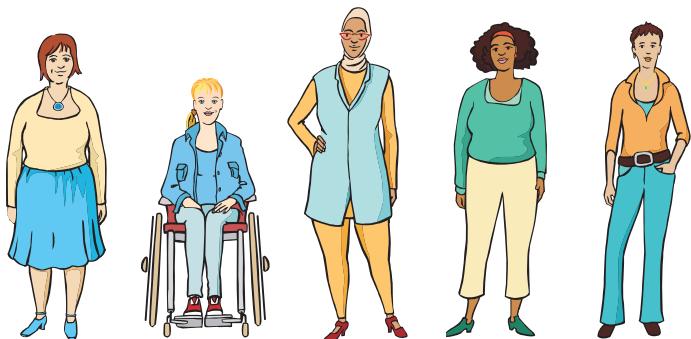
Good to know





The Women's Counselling Centre and the Women's Crisis Centre for Sexual Violence want to inform you about sexual assault and offer our support services.

Have you ever had a bad experience?
You are not alone.



Sexual Violence



The Crisis Centre for Sexual Violence in Beckum



This is how to protect yourself when you are out



If you are a sexual assault survivor.



Important addresses



Sexual Assault

This is what sexual assault looks like:

- Someone touches you.

For example on your chest or buttocks.
But you do not want this.



- Someone hugs and kisses you.

But you do not want this.



- Someone forces you to have sex.



- Someone forces you to watch others having sex.

- Someone stares at you.
Someone insults you.
Although you do not want this.



Sexual assault often happens in the home.
For example: fathers, brothers or uncles
can do this.

But men can also harass a woman
in pubs and Disco clubs.

Or even on the street or a public place.



This is important:

No one may sexually assault you!

No one you know may do this.

And no one you do not know.

Maybe you are with someone.

You have a strange feeling.

Something does not feel right for you.

You are allowed to say **NO!**



The law states:

Sexual assault is illegal.

- No one is allowed to grope or rape a woman.



- No one is allowed to do something if the woman says **NO!**

- Anyone who gropes a woman is subject to punishment.

No! means No!

This is important:

The perpetrator is the one responsible for the assault.

The woman carries no responsibility for the assault.



The Crisis Centre for Sexual Violence Against Women and Girls

The Crisis Centre for Sexual Violence Against Women and Girls belongs to the Womens' Counselling Centre in Beckum.



The female counsellors there offer counselling and support services to women and girls aged 14+.

The Crisis Centre consists of professionally-trained counsellors. The counsellors know what sexual assault looks like.



They know how traumatic sexual assault is for women and girls.

The counsellors will listen to you.

You can speak to them about your problems.

The counsellors exercise professional discretion.

They will not talk about what you say with others.

The counsellors will discuss the following with you:

How can I feel better?

What kind of support do I need?

The counsellors will also show you:

This is how to defend yourself.

They will tell you what your rights are.



You do not have to go to the consultation alone.

For example, come with a friend.

Or come with a woman or girl you trust.

You do not have to give your real name.

The consultation is free of charge.



These are the office hours:

Mondays and Thursdays from 10 a.m. to 12 p.m.
and



Tuesdays and Wednesdays from 2 p.m. to 4 p.m.



During these times, you do not need to make an appointment, simply call or stop by.

This is the address:

The Crisis Centre for Sexual Violence

Weststraße 25 · Barrier-free
59269 Beckum



Telefon: 025 21-16 887

E-Mail: info@fhf-beckum.de



This is how to protect yourself when you are out.

If you are out alone or with someone else.

If you see:
someone harass another woman,
then offer her help.

Or you feel threatened,
then defend yourself.

You can always say **NO!**

You can

- be impolite,
- scream loudly,
- fight back,
- run away and
- get help.



Heimweg-Telefon (Home-Bound-Telephone)

If you need to go home at night all alone,
but you are afraid of doing that.

Then call the 'Heimweg-Telefon':

Telephone: 030 - 12 07 41 82



A female support worker will answer your call.
She will talk with you the whole time,
until you reach home.



If you are in distress:

Tell the woman where you are,
and where you want to go.

She will call the police for you.



You can call this helpline service
evenings and nights

at these times:

Sundays - Thursdays
from 8 p.m. to 12 a.m.



Fridays - Saturdays
from 10 p.m. to 4 a.m.



Wayguard-App

This App is a programme on your Smartphone.

The police in North Rhine Westphalia have developed it.



First, you must install the App on your phone. In the App, you list names of people you trust.



These people will then be able to know where you are.

So can the team from Wayguard.



You can also call these people when you are out.

Then, when you are home, simply click on OK.



You can also use this App to make an emergency phone call.

In this case, the police will also know your location.



Pocket-Alarm

A pocket-alarm is a small gadget.

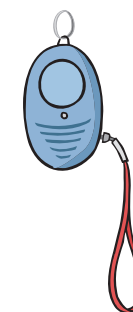
This gadget can produce a very loud ringing sound.

Just like an alarm clock.

People will notice that:

you are in distress
and will scare off the assailant.

You can get a Pocket-Alarm from the Women's Counselling Centre.



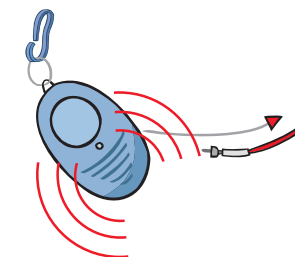
You can attach your Pocket-Alarm:

- to your handbag,
- belt,
- or jacket.



If you are in distress, simply pull the chain on the gadget.

This will sound the alarm.



Knock-Out-Drugs (K-O-Drugs)

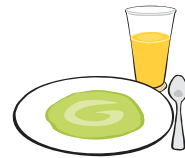
Some perpetrators intoxicate women with alcohol or sedate them with drugs or knockout drops.



Then the woman will not be able to defend herself.

And the woman will not be able to remember what happened.

Perpetrators can mix these drugs in drinks or in food.



These drugs have no taste or smell.

K-O-Drugs can be life-threatening.

A doctor can tell if these drugs are in the blood system but only shortly after they have been taken.

After a few hours, the K-O-Drugs will not be detectable.

IMPORTANT:

When partying, keep an eye on your drink and your friends' drinks.

Do not leave your drink on a table unattended.

Otherwise, order yourself a new one.



If you are at a party and see another woman who may be drunk,

talk to her and ask if she needs help. Or ask the staff to assist her.

For more information in German:
<http://www.ko-mittel-nein.de/>



If you have been sexually assaulted

For example:

Someone forced you to have sex.

Or someone groped you.



This is important:

No one is allowed to

- touch you,
- kiss you or
- have sex with you without your consent.

The perpetrator is the one responsible.

It is NOT your fault.

If someone has forced you to have sex with them, it is best you go see a doctor right away.

The doctor will examine you and provide medical attention.



Sexual assault harms your body and spirit.

After a sexual assault, it could be that you feel strange.

that your body hurts.

that you feel completely confused.

that you think, it was your fault.



If you have been sexually assaulted, talk with someone you trust.

Or with a female counsellor from the Crisis Centre.



To reach the Crisis Centre by:

Telephone: 025 21-16 887 or

E-Mail: info@fhf-beckum.de

Do not stay on your own!



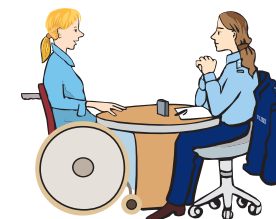
This is your right

If you are a sexual assault survivor, you can do the following:

You can report the perpetrator to the police. Then the perpetrator can be punished.

You can go to the police station yourself.

At the police station, ask to speak with a female officer.



You can also write to the police.

And report the perpetrator in writing.

Or you can have your lawyer file a report against the perpetrator for you.



Someone forced you to have sex with them.
And you are not ready to report the perpetrator right away,
you can still have yourself examined.
This is known as collecting anonymous forensic evidence.

Go straight to the Violence-Survivor-Clinic (Gewalt-Opfer-Ambulanz) in Münster.

The telephone number is: **02 51-83 55 151**.
Tell them it is an emergency.

Important:

Allow yourself to be examined immediately after the assault.

Please do not shower or wash your clothes.

Experts will examine you and your clothes at the Violence-Survivor-Clinic.

These experts will write down:

what injuries you may have.

what evidence of sexual violence you and your clothes show.

This service is free of charge.

You do not have to give your name.

You will get an identification number.

This is why it is called collecting anonymous forensic evidence.



You can decide later if you want to report the perpetrator.
And when you do that, the Violence-Survivor-Clinic keeps the evidence for 10 years.

This can happen when you file a police report:
When you report a perpetrator, criminal proceedings may begin.



A professionally-trained counsellor can support and accompany you during these proceedings.

This support means:

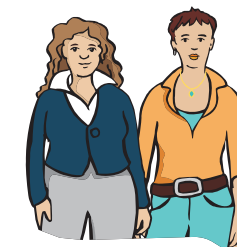
She can go with you to court.

This is also known as:

Psychosocial Court Assistance.

This court support worker is professionally trained.

She may go with you to the police station, lawyer's office and to court.



IMPORTANT!

The court support worker may not speak for you.

She cannot give you advice.

Only the lawyers are allowed to.



The female counsellors at the Centre can offer you advice.
They can tell you how things will continue.
They will give you the necessary information.
They will answer all of your questions.



They will find you a court support worker, if you need one.

Good to know



Important addresses:

**Anonyme Spuren-Sicherung
Gewalt-Opfer-Ambulanz Münster**

Röntgenstraße 23

48149 Münster

Telephone: 02 51-83 551 51

Office Hours:

Monday, Wednesday and Thursday 8 a.m. - 4 p.m.

Tuesday 9 a.m. - 4 p.m.

Friday 8 a.m. - 3: 30 p.m.

or by appointment

Police: 110

Emergency: 112

**Kreis-Polizei Warendorf
Opfer-Schutz**

Telephone: 025 81 - 60 00

Hotline for sexual abuse

<https://nina-info.de/hilfetelefon.html>



Important Addresses:

The Women's Counselling Centre

The Women's Crisis Centre for

Sexual Violence

Weststraße 25

59269 Beckum

Telephone: 025 21-16 887

Website: www.frauenberatung-beckum.de

E-Mail: info@fhf-beckum.de

Barrierfree



Police: 110

Emergency: 112

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info@fhf-beckum.de

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